

City of Mesa, Arizona



Parks & Recreation Adult Sports Rules & Regulations

Flag Football

Revised on: 2/5/2015

Table of Contents

General Information

Sports Office.....	3
Field Locations	3
Park Hours	3
Scooters/Bikes	3
Alcohol/Smoking.....	3
Weather	3
Insurance	3
Evaluations/Complaints.....	3

Getting Started

Classification of Teams	4
Pre-Registration Privileges	4
Rosters	4
Schedules	4

Things to Know

Identification	5
Drop/Add	5
Uniform	5
Flags	5
Ball	5
Steel/Metal Cleats.....	5
Jewelry	5
Pre-Game Procedures	6
Game Supervision	6
League Standings	6

Playing Rules

Blocking, Rushing, Checking	7
Conduct	7
Flagging (Tackling)	8
Forfeits.....	8
Fumbles	9
Game	9
Illegal Contact	9
Live Ball, Dead Ball, Out of Bounds.....	10
Official's Elasticity Clause	10
Passing.....	10
Penalty Enforcement	11
Players	11
Protests	11
Punting, Fair Catch	12
Safety.....	12
Scoring.....	12
Scrimmage, Downs.....	13
Summary of Penalties	14
Time Limit, Tie Games	15
Time Outs	15
Touchback	15

Post Season

Tournament	16
Awards.....	16

Welcome to the City of Mesa. Thank you for participating in the Adult Flag Football program.

This recreational program is provided for your fun and enjoyment. Your cooperation, good sportsmanship, and communication with our Sports Office is important in making this program a success.

On behalf of our Department, we would like to wish your team a successful season.

-Sports Office

General Information

A. Sports Office

All adult sports operations are conducted at 200 S. Center St., Bldg. #1, Mesa, AZ 85210. We are open Monday–Thursday, 7am- 6pm, 480-644-2352, fax 480-644-2698, 24 hour drop box available. Mailing address is P.O. BOX 1466, Mesa, AZ 85211.

League Coordinator: Carmen Rodriguez, carmen.rodriguez@mesaAz.gov , 480-644-5308.

B. Field Information

<u>Park</u>	<u>Address</u>	<u>Field Dimensions</u>	<u># of Fields</u>
Quail Run Soccer Complex	4155 E. Virginia	Field - 40yards x 80 yards End Zones - 40 yards x 10 yards	2

C. Park Hours

City of Mesa parks close at 10:30p.m. There is no socializing allowed in the parking lots or field after 10:30pm.

D. Scooters/Bikes/Roller Blades

No scooters, bicycles, roller blades, skateboards or any other wheeled vehicles are allowed within our sports complexes. Coaches please pass this on to your team members.

E. Alcohol/Smoking

Alcoholic beverages and smoking is **not** allowed at any park at any time. Teams are responsible for their spectators.

First Offense:	Team: Forfeiture of current & next ball game. Player: Suspension for a week.
Second Offense:	Team and/or Player dropped from the league.

F. Weather

Game (field) conditions sometimes change very suddenly – we will try our best to keep you informed. If there is any doubt as to whether or not the field is in playable condition, it is the coach's responsibility to call our **RAIN LINE** (480-644-2765) after 3:00 pm and inform your team.

League and tournament games that are rained out **will** be rescheduled as soon as possible. Your make-up schedule will be posted on our website. Make-ups can be held on any day, including Saturdays.

G. Insurance

Medical insurance is the responsibility of the team or the individual. The City of Mesa does not carry medical insurance for participants or spectators.

H. Evaluations/Complaints

Written complaints will be accepted only within 24 hours of the incident for review. Please email complaints or recommendations to [Carmen Rodriguez](#) or drop it off at our Sports Office. Teams are encouraged to use the flipside of the score sheet to evaluate their game/umpire (s) constructively. Please do so in a professional manner.

Getting Started

A. Classification of Teams

“A” Division - Strong Skill Level Competition - Competitive

“B” Division - Moderate Skill Level Competition - Recreational

Any team that takes 1st place in their league may move up to the next highest classification for the next season in which they participate. The league coordinator reserves the right to move any team (up or down) based upon their past performance record. In addition, NO reclassifications allowed once your team is signed up in a league at any time before, during or after a season.

B. Pre-Registration Privileges

Any team that finishes 1st in their league will be given pre-registration privileges for the next flag football season. A team can lose its pre-registration privileges for the next flag football season if there are **CONDUCT** related problems. This team will then have to go through regular registration procedures.

C. Rosters

A player must be on a team's roster to play in any game. A team can carry a maximum of 20 players on their roster. All players must be 16 years old and older by the first game of the season. The team coach must submit a team roster before registering or within 24 hours of registering. A player may be added or dropped from a roster through the third week of the season. (See your game schedule for the exact date.) After this date, rosters will be frozen. (To add or delete players from a roster see “Drop/Add” pg 6.)

1. PRCF staff will randomly call on team rosters to check for player validity. Any player information which is not correct on a team's roster could result in the dismissal of that player or team from the league, coaches should at all times keep up-to-date records of their team's roster. This eliminates any questions as to whether a team member is eligible to play or not.
2. Players can play on more than one flag football team. However, they cannot play on 2 or more teams on the same night in the same league. If a player is caught doing this, they may be suspended for the season and tournament. Any game that player played on will be a forfeit. Games will be overturned if necessary!

D. Schedules

Once your league fills and your team's roster is submitted and verified, schedules will be available online at the following web address (www.mesaaz.gov/adultsports). If you cannot locate your schedule, please call our Sports Office.

1. Make sure our office has a correct e-mail address for your team at all times. Your team will be notified of any changes or updates by email!
2. Make-up games are not guaranteed on your same night, park of play or game times, etc. In some cases, teams may be required to play at a different park or nights not normally scheduled.

The Sports Office reserves the right to assign any team to their proper level of competition or classification to serve the best interest of the program.

Things to Know

A. Identification

All participants are required to carry a photo ID during league and tournament play. (Due to player protest.)

1. Print first and last name on scorecard.
2. False identification of player may result in a minimum 1-week suspension for player and/or coach.
3. No identification of player may result in a minimum 1-week suspension for player and/or coach.

B. Drop/Add

How to drop or add players to your roster:

1. Fill out [Drop/Add form](#) (please visit our [website](#) or get one from any site supervisor)
2. All forms must be signed by staff to be official.
3. Submit your Drop/Add form to:
 - A) Sports Office, Monday - Thursday from 7 a.m. to 6 p.m. (24 hour drop box available!)
 - B) [Email Carmen](#)
 - C) Fax to 480-644-2698 (no cover page necessary)
 - D) Site supervisor at your sports field

C. Uniform

Teams must provide their own color-matching jerseys during every game. No numbers necessary. Teams not able to field the minimum number of players in uniform will forfeit. No players shall wear helmets, padded uniforms, sole leather or hard or unyielding substance. The only exception is a metal knee brace, which must have a protective covering over it.

D. Flags

1. Each player on the field wears a belt at his waistline with three (3) flags attached, one (1) on each side and one (1) on the back (furnished by Mesa Parks and Recreation).
2. Shirts must be worn under the flag belt and shirts must be tucked in shorts.
3. Anytime a ball carrier inadvertently loses his belt, it then resorts to a one-hand touch to down that individual.
4. Playing with the shirt- tail out and over the belt constitutes illegal procedure.
5. Flag pulling of a player who does not have the ball is prohibited and constitutes unsportsmanlike conduct.

E. Ball

A collegiate regulation leather football shall be used. City of Mesa will provide game ball.

F. Steel/Metal Cleats

Shoes shall be tennis/basketball shoes or rubber-cleat shoe, which has cleats or ripples, which are an integral part of the shoe's construction. This does not include football cleats or any type of detachable cleats or spikes. No bare feet shall be allowed and no hard-soled street shoes may be worn. Any shoe, which has metal or steel tips is prohibited.

G. Jewelry

Casts & splints must be padded. Exposed jewelry which is judged by the umpire to be dangerous, must be removed and not worn during the game. Medical alert bracelets or necklaces are not considered jewelry. If worn, they must be taped to the body so the medical alert information remains visible.

E. Pre-Game Procedures

In order to remain on schedule each night, it is necessary that each team be responsible for the following:

1. Arrive for scheduled game at least 15 minutes prior to game time.
2. Locate score sheet for your game. Write in your players first and last names.
3. Referees will start the games with a pregame meeting.

F. Game Supervision

The City of Mesa schedules a maximum of 3 referees for every game. If for any reason there is no referee at your game site, don't panic, another referee will arrive as soon as possible. A field supervisor will be on hand to supervise all players, spectators and officials.

G. League Standings

Team standings are available after the first week of your team's season. Standings will be posted on the city web site weekly at www.mesaaz.gov/adultsports. A copy of the league standings will also be available to view at the sports complex.

League standings are determined by:

1. Teams with the best record or win percentage.
2. If teams are tied in the final standings, top positions will be determined by head to head comparison (Head to Head comparison is based on how many games teams won/lost against each of the tying teams).
3. For teams still tied after head to head comparison, the team with the highest total point differential will take the higher position in the standings (Point Differential is total points scored minus points scored against each of the tying teams).
4. If teams are still tied, point differential will be used against all teams in the league.
5. If teams are still tied, a coin flip will determine winner.
6. Any team that has forfeited any game will automatically take the lowest position in the standings.

Playing Rules

A. Blocking—Rushing—Checking

Blocking: All blocking anywhere on the field must be “push blocking” only. “Push blocking” consists of arms fully extended forward and palms open to defensive player. No chucking **or reloading** allowed. Blocking is allowed only to that portion of defender’s body between his waist and shoulders (stomach and chest). You may not leave your feet on a block. You may not block a player from the rear. Blocker’s hands and arms must be no wider than shoulder width. **Down field blocking is legal if it is a legal block. Any illegal block made down field will result in the penalty being assessed from the original line of scrimmage taking the ball back 10 yards from the line of scrimmage.**

Rushing: The rushers may not run over the blocker, pull the blocker toward him/her or push the blocker away. The rusher may however, push the blocker sideways if he/she gets partially past the blocker but only with enough force to elude the blocker and not enough force to push the blocker down. The rushers must be attempting to go “around” and not “through” the blocker.

Checking: On the line of scrimmage, the defense is allowed one check bump on an offensive receiver to prevent them going out for a pass. This bump must be made within **five (5) yards** of the line of scrimmage. **If at any time contact is made with a receiver when the ball is in the air a pass interference penalty shall be called.**

B. Conduct

Every person (staff/player/spectator/anyone with a pulse) is to show good sportsmanship. Every person is responsible for their actions whether they were provoked or were the ones provoking.

Some forms of unsportsmanlike conduct will warrant automatic ejection. **Abusive and or vulgar/foul (swearing) language will not be tolerated!** Two reprimands or warnings to an individual or team for unsportsmanlike conduct will warrant automatic ejection of said player, team or fan from park premises. A third reprimand to any other member or fan of said team will warrant termination of game with said game to be forfeited to opposing team. Ejections may also occur without an umpire warning and may be carried over from one season to another!!!

1. **Any person ejected from a game will automatically be suspended for a minimum of 1 week from all City of Mesa Leagues (Yes, this includes kickball, volleyball and softball!!!).** This is in addition to the game in which the player was suspended, plus probation for the remainder of the season.
2. A second offense will constitute being suspended from the league. If a player receives a 2nd offense on or after the 4th week of play, then he/she will be suspended for the entire next season/tournament.
3. No person shall:
 - A) Threaten another person.
 - B) Lay a hand upon, shove, or strike another person.
 - C) Be guilty of objectionable demonstrations of dissent at umpire’s decision.
 - D) Refuse to abide by umpire’s decision.
 - E) Be guilty of physical attack upon any other person.
4. Any person ejected from a game must leave the park immediately. Refusing to leave premises is considered trespassing. Any person refusing to immediately leave the park will have suspension extended and police will be called!
 - A) IF A PLAYER IS EJECTED:
 - 1) The game may continue as long as the team has 6 or more players remaining in their existing lineup.
 - 2) Once the player is ejected, the lineup is frozen and the team will NOT be allowed to substitute another player into the lineup for the ejected player or add anyone else to the bottom of the lineup.

...Conduct continued...

5. If an illegal player is found on a team or ejected from a game:
 - A) The team's coaches will be suspended a minimum 1 week from **all** City of Mesa Flag Football leagues (not just your league, but all City of Mesa leagues).
 - B) The player ejected will serve a minimum suspension of 1 season, from all City of Mesa leagues.
 - C) Game will be an automatic forfeit.
6. **If police are called, ejected player will be suspended for the entire season from all City of Mesa leagues. If we are 4+ weeks into the season, then the player will be suspended for the following season as well.**
7. Standings will be adjusted to reflect automatic forfeits. The league coordinator reserves the right to make the final decision in all matters.

C. Flagging (Tackling)

1. A "tackle" occurs when an opponent pulls a ball carrier's flag. The ball shall be declared dead at the spot of the "tackle".
2. A ball carrier shall not be allowed to interfere with the defensive team's effort to "tackle" the runner. However, the ball carrier is allowed to spin when running. No stiff arms.
3. When any part of the ball carrier, other than the hands and feet, touches the ground, the ball is dead at the spot.
4. The flag must be clearly taken from the ball carrier. If, in attempting to take the flag the defensive players hold the ball carrier until the flag can be removed, this is a foul with a penalty of 15 yards from the spot of violation.
5. If the defensive player unnecessarily knocks the ball carrier down in attempting to capture the flag, it is a foul with a 15-yard penalty from spot of violation.
6. A down shall be ended and the ball declared dead when the flag is clearly removed from the ball carrier's belt. The deflagger should immediately hold the flag above his head at the spot where the capture occurred.
7. Any attempt by the ball carrier to knock the hands of the defense away from the flag is a foul and shall draw a 10-yard penalty from spot of foul and the down counts, **regardless if the flag has been successfully pulled or not**. The ball carrier should keep his hands and arms above the flag to avoid penalty.
8. Blocking or pushing a ball carrier who is running near a sideline for the purpose of knocking him out of bounds and stopping his progress is a foul with a 10 yard penalty and automatic first down. Ball carrier's progress can be stopped only by deflagging him.
9. Knee blocking or tripping used in slowing down a ball carrier for purpose of capturing his flags shall be a foul with a penalty of 10 yards.

D. Forfeits

A forfeiting team must pay a \$10 forfeit fee to Adult Sports Office before their next scheduled game. Officials and night supervisors **will not** accept payments! **No further notification** to pay this forfeit fee will be given. Please call our Sports Office if you know your team is going to forfeit. Forfeits will be declared for one or more of the following infractions:

1. Game Time is Forfeit Time for 7:10, 8:50 & 9:40 games.
Exception: The first scheduled game of the night (6:20/6:30) games will begin at the scheduled time, and the clock will be started. In the event a team does not have the required number of players to begin the game, that team will have 5 minutes to get at least 6 legal players before game is called a forfeit. If neither team can produce the required number of eligible players at the stated game time, a double forfeit shall occur and the official standings shall show a loss for both teams. There shall be no opportunity to replay the game.

...Forfeits continued...

2. Illegal/suspended players (**players not on a roster, players using assumed names, or ineligible players**) participating. Teams using illegal or ineligible players will have games declared forfeits.
3. Misconduct in the program before, during or after a game.
4. Failure to submit a legal roster prior to registration or within 24 hours of registering.
5. Failure to submit a legal roster prior to the team's first scheduled game.
6. Players not wearing proper jerseys (minimum of six).

E. Fumbles

Any ball that is fumbled or muffed and touches the ground shall be dead immediately and shall belong to the team last in possession or the offensive team at the spot it touched the ground. Exception: Center snap clearly fielded on one bounce in front of quarterback.

F. Game

Regulation Game: All games in flag football (division and league tournaments) are two 20 minute running halves. The field shall be divided into four equal zones of 20 yards with a 10-yard end zone at each end. These lines shall be known as first down lines. A game considered regulation will be made up at the exact point where it was stopped.

Starting Time: Game time is forfeit time for all games with the exception of the 6:20/6:30 game. If during the 6:20/6:30 game a team does not have enough players. The game clock will start at game time and the time will come off of your playing time (it will not start over if your players arrive). The team with less than 6 players will have five minutes to get at least 6 legal players on the field before the game is called a forfeit. Your team must have at least six (6) players on the field at game time.

A coin flip will determine who is offense, who is defense and which goals are defended. To begin a half or after a score, the ball will be placed on the offensive team's own 20 yard line.

Length: Each half will be played with a 20 minute running clock. Each game will have a running clock until the last minute of each half. At this point the clock will be a natural running clock with clock stoppages for incomplete passes, dead balls out of bounds and penalties. **In the second half and before the conclusion of the game, teams will be notified of the one minute warning.** Two (2) minute rest period between halves.

Team Captains: Each team manager or coach shall designate to the referee a team captain. He or his designated representative will speak for his team in all dealings with the officials. A field captain's first choice of any option shall be irrevocable. Players wishing to communicate with game officials must do so through their team captain who will **respectfully** address the referee for that game. Any players, coach, fan or team captain disrespectfully addressing an official will be dealt with in accordance with our conduct rules.

G. Illegal Contact

Our philosophy is to structure our rules and regulations so as to discourage heavy contact and emphasize speed, quickness, passing and catching skills.

The nature of the game of flag football is such that a defender must either play the ball or the flag and may not contact a player in such a way as to gain an advantage while defending or receiving on pass plays. For example: a player catching a pass cannot be shoved in an attempt to make him drop the pass. Once he catches the pass, all the defender can do is grab his flag.

“Going for the ball” is not a valid excuse for pushing, shoving or bumping an opponent in trying to catch the ball. If you gained an advantage because of your contact, you are guilty of illegal contact.

If CONTACT occurs AFTER a player touches the ball, then pass interference cannot be called unless one of them catches the ball and the other “STRIPS” or ATTEMPTS to “STRIP” the ball from his hands. STRIPPING may occur in two forms: a) RECEIVER STRIPPING or attempt to rake the ball from the grasp of receiver after he has caught the ball, but before he has brought the ball into a possessive position, in which case, RECEIVER STRIPPING, defensive interference will be called; or b) RUNNER STRIPPING, which occurs when a defender attempts to strip or rake the ball from the grasp of a player who has the ball in a possessive position, in which case RUNNER STRIPPING will be called. (If offensive player has established possession of the football, the defensive man must go for the flag and not the ball-another needless source of contact.)

H. Live Ball—Dead Ball—Out of Bounds

Live Ball: A dead ball becomes alive as a result of a legal snap from scrimmage. A **legal snap** is a ball snapped between the center’s legs and airborne.

Dead Ball: A live ball comes dead as a result of the following acts, and any official of the game may declare the ball dead by signal or whistle:

1. When the ball goes out of bounds in flight and strikes the ground, a player who is out of bounds or an obstruction which is out of bounds.
2. When any part of the ball carrier other than his hands or feet touch the ground.
3. Removal of flags from the ball carrier’s belt.
4. When a touchdown, touchback, safety, field goal, fair catch or try for point is made.
5. When the ball touches the ground as a result of a muffed ball or fumbled ball. Exception: center snap cleanly fielded by the quarterback.

Note: Clarification on muffed or fumbled ball. A muff is an unsuccessful attempt to catch a ball, while a fumble is loss of possession other than passing or kicking and depending on which option is being used. (Piling upon a loose ball almost always results in injury to players without uniforms.)

1. When a forward pass strikes the ground or is caught simultaneously by opponents.
2. When a backward pass touches the ground. A backward pass touching the ground shall be put in play at that spot.

Out of Bounds: A player or a ball in player possession is out of bounds whenever the player or the ball touches the ground, or anything else other than another player who is out of bounds and shall be declared dead at this point.

I. Official’s Elasticity Clause

The flag football rules in this manual do not cover all rules situations that may occur in a flag football game. Those rules and situations not covered in this manual will be governed by commonly accepted flag football rules as understood by the officials.

J. Passing

1. While on offense, the offensive team may not make more than one (1) forward pass per down.
 - A. A forward pass is any pass thrown forward towards the line of scrimmage or beyond.
 - B. **Loss of down instead of replay the down (as it pertains to illegal forward pass with multiple forward passes).**If the pass is incomplete, the ball returns to the line of scrimmage. (There can be no forward pass made beyond the line of scrimmage.)
2. A ball carrier may hand or pass backwards at any time.
3. A backward pass or fumble may be intercepted by an opponent before the ball hits the ground and can be advanced.

...Passing continued...

4. When a backward pass or fumble hits the ground inbounds, or out of bounds, between the goal line, it becomes dead and belongs to the team last in possession of the ball at the spot where the ball hit the ground, or at the inbounds line opposite the spot where it left the field of play.
5. If a backward pass or fumble hits the ground in the end zone, it shall be ruled as a safety.
6. An eligible receiver who leaves the field of play loses his eligibility, but may regain it again after he returns to the field of play, and after the ball has been touched by a member of the defensive team. Failure to comply results in an incomplete forward pass, unless the ball has been intercepted by the defensive team. In such case, ball remains in play.
7. A forward pass is completed when caught by an eligible receiver of the passing team inbounds and is intercepted when caught by a member of the defensive team inbounds.
8. If a legal forward pass is caught simultaneously by eligible receivers of opposing teams, the ball becomes dead and belongs to the team which put the ball in play, unless such play was a fourth down, and line-to-gain has not been reached.
9. When a legal forward pass touches the ground inbounds or anything out of bounds, it becomes dead, is ruled as an incomplete pass and belongs to the passing team at the spot of the previous play, unless a new series of downs has been created. In such case, it belongs to the opponents at the previous spot.
10. During a down in which a legal forward pass is thrown, contact which interferes with an eligible receiver who is beyond the neutral zone, is pass interference; except when two or more eligible receivers made a simultaneous and bona fide attempt to reach, catch or bat a pass.
11. A receiver must have one foot inbounds to make a completed pass.
12. All players of both teams are eligible pass receivers. The lines marking the sidelines and the extreme end of the end zones shall be considered out-of-bounds if stepped on. Two or more receivers or defenders may touch a pass in succession, resulting in a completion or an interception. A double reception always goes to the offense.
13. A runner may leave his feet while making an athletic move while running with the ball. However, the runner may not dive at any time and diving will result in a 10 yard penalty and loss of down.

K. Penalty Enforcement

If the penalty occurs during a loose ball play (pass or punt), the penalty is enforced from the previous spot and the down played over. On passing play, penalize from spot of foul if behind L.O.S.

On a running play, the penalty is enforced from either spot of the foul or the end of the run whichever hurts the team the most and the down played over. If you accept the penalty, the down is replayed.

L. Players

Eight players constitute a team. At least five (5) offensive players must be on the line of scrimmage at the snap of the ball. A team must have at least 6 players ready to start a game. Any team consistently playing with 6 players may be asked to leave the league. Every attempt should be made to have at least 8 players at every game.

1. IF A PLAYER IS UNABLE TO CONTINUE PLAYING THE GAME DUE TO INJURY OR REASONS OTHER THAN AN EJECTION:

- A) The game may continue as long as the team has 6 or more players remaining.
- B) The team may either enter a substitute for the injured/absent player.
- C) If no eligible substitute is available, then that team must forfeit game.

M. Protests

Only rule interpretation will be justifiable for protest and not a referee's decision on a call. If a team protests:

1. The team coach must make the protest before the next play.
2. **The team coach must make sure that the referee informs the opposing coach and records the protest on the official score sheet before the next play.**

Ineligible player protest must be made during the ball game with the referee. No protest will be accepted after the completion of the game.

M. Punting—Fair Catch

Punting:

1. When the offensive team wishes to punt (regardless of whether it is fourth down), it is required to inform the defensive team and the officials of its intention to kick while they are still in their huddle. Their decision is irreversible.
2. There shall be no quick kicks. Penalty is illegal procedures and loss of down.
3. When a team punts, both the offensive and defensive teams must have a minimum of seven men on the line until the ball has been kicked.
4. There shall be no rushing the kicker, nor shall any defensive or offensive man cross the line of scrimmage after the snap of the ball before the kick.
5. During the punt, only the kicker may be in motion.
6. Center must hike the ball between his legs on all free kicks.
7. The ball will be dead when it touches the ground on a snap from center unless the snap is fielded cleanly on one hop in front of the kicker.
8. If the punt hits a member of the punting team which has not crossed the line of scrimmage, it is dead at that spot and the receiving team's ball.
9. The kicker must be at least 5 yards behind the line of scrimmage when receiving the snap. After the receiving of the snap, the kicker must kick the ball within five seconds. Penalty is delay of game, 5 yards. If repeated, unsportsmanlike conduct, 15 yards and loss of down.

Fair Catch:

1. A player of the receiving team shall be given an unmolested opportunity to catch the ball before it strikes ground.
2. When a player makes a fair catch, the ball becomes dead where the player first touched it.
3. No player of the team, any member of which has signaled for a fair catch, shall carry the ball more than two steps in any direction.
4. No player of the kicking team shall make any unnecessary contact whatever with an opponent, who has completed a fair catch.
5. A fair catch signal shall be made when a player of the receiving team, who is beyond the neutral zone, signals his intention by raising either, but only one, arm distinctively above his head and waives it from side-to-side. Invalid signal shall be ruled as unsportsmanlike conduct and penalized according to rule.
6. When a punt touches a player on the receiving team who is in bounds, and rebounds into the air, all players become eligible to intercept and advance the ball before it touches the ground. This rule applies if the receiver is trying to field the punt on the fly or off the bounce. The punt receiving team may field a punt in the air, off a bounce or directly off of the ground, if fielded cleanly. If a punt is left unattended, it becomes dead where it stops rolling.

N. Safety

The ball shall be put into play by the team scoring a safety (two points awarded) on their 20 yard line.

O. Scoring and Scoring Plays

1. Touchdown - 6 points
2. Point(s) after touchdown: A team scoring a touchdown has its choice of attempting a P.A.T. for one, two or three points by running or passing.
 - A. One point conversion is from 5 yard line.
 - B. Two point conversion is from 10 yard line.
 - C. Three point conversion is from 15 yard line.
3. Safety - 2 points
4. Forfeited game - 7 to zero
5. Penetration (tie game) - 1 point
6. After a safety, the team scoring the safety shall put the ball in play on their own 20-yard line.

P. Scrimmage—Downs

Scrimmage:

1. All plays from scrimmage must be started by a legal airborne snap of at least one (1) yard from a point between the inbound lines. The referee is responsible for the placement of the ball, if the previous play left the ball in a side zone, i.e., between the side line and the inbounds line.
2. There shall be at least five stationary players on the line of scrimmage when the ball is snapped.
3. Players not assigned to line must be at least one (1) yard behind their line of scrimmage.
4. No offensive player, while on the line of scrimmage, may take direct snap from center (where ball snap originated).
5. The center, after assuming his position from scrimmage, may adjust the long axis of the ball one time at right angles to his scrimmage line.
6. Prior to snap, the center must have both feet behind the scrimmage line and no part of his body shall be beyond the forward point of the ball.
7. No player of either team shall encroach upon the neutral zone after it has been established, and all players must be inbound. You are offside if you cross the neutral zone whether you contact an opponent or not.
8. No players shall interlock their legs.
9. No player may make contact or interfere with an opponent or the ball before it is snapped.
10. No offensive player shall make a false start, including a false movement to cause opponents to be off-sides. Penalty is 5 yards.
11. When the ball is snapped, only one offensive player may be in motion backwards or parallel to line of scrimmage.
12. No player of the offensive team shall assume a position near the sidelines, which in any manner whatever resembles a “sleeper” or hide-out play. This isn’t to be misconstrued with a split formation, etc., and is based on the sportsmanship aspects of the game. Penalty is 10 yards from line of scrimmage.
13. The offense must be set a full second before ball is snapped.
14. If a player on either side LINES UP OFFSIDES, the Line Judge will point down 45 degrees toward the player’s team side. If that player does not get back onside before the ball is snapped, he will be considered as having encroached at the moment of snap. If an official has not “encroach warned” a team for lining up off-sides, by pointing at them, he should not call encroachment on them at the snap of the ball. They should be warned of lining up off-sides and be given a chance to move back or else not called for encroachment for lining up off-sides. (This rule is designed to speed up the game by helping players lineup on sides thereby eliminating what is most of the time, non-intentional penalties.)
15. The offensive team shall be prohibited from obstructing an opponent with extended hand or arm. This includes the use of “stiff arm” extended to ward off an opponent. Penalty is 10 yards from spot of foul.
16. Hurdling: While trying to advance the ball, ball carrier must generally “keep his feet”. Attempts to avoid a standing or crouching opponent by jumping or diving over or into him shall be a violation. You can, however, jump over a fallen opponent. Penalty is 10 yards from spot.

Downs:

1. A down is a unit of the game, which starts with a legal snap and ends when the ball next becomes dead. Between downs is any period when the ball is dead.
2. A team in possession of the ball shall have four consecutive downs to advance to the next first down line. Any down may be repeated if provided for by rule.
3. The offensive team may take the result of the play and turn down the penalty caused by a foul or rule infraction by the defense. If the offensive team elects to take the penalty and the yards, they also will replay the down.

...Downs continued...

4. If the penalty or rule infraction is by the offensive team, the defensive team may elect to take the result of the play or assess the yardage marked off against the offensive team. In this case, the down will also be replayed. There are exceptions to this rule, such as offensive pass interference or flag guarding. But basically, if the defensive team elects to accept the penalty and the yards marked off against the offense, the down will be replayed.
5. If there is a foul or rule infraction by both teams on the same live ball, the fouls cancel out and there are no yards marked off. Replay the down.
6. A live ball foul and a dead ball foul do not cancel each other out. Penalize each foul in the order of occurrence and the yardage stipulated for the foul.
7. On a foul or rule infraction by the offense, then a change of team possession occurs (such as an intercepted pass) the ball would then belong to the team intercepting the pass. If the intercepting team also commits a foul on the run-back during the same live ball, we don't have two live ball fouls and have them cancel each other out and the down replayed. We have a new element, change of team possession. The intercepting team probably would turn down the offensive foul or rule infraction, accept possession of the ball, and then be penalized for the foul on the run-back.
8. An intercepted pass caught behind the goal line can be advanced. If the receiver doesn't get out beyond the goal line and into the field of play it is still only a touchback and no points awarded.
9. A punt that goes across the goal line and into the end zone is dead and no advance is permitted. If the ball is muffed in the field of play and goes across the goal line it becomes dead and belongs to the receiving team (touchback).
10. The first half or end of the game can't end with a foul by the defense. Replay the down. The half or the end of the game can end on a foul by the offense. If a touchdown occurs on an offensive foul or violation on the last play of either half, the game or half is over, the touchdown doesn't count and you do not replay the down.

Q. Summary of Penalties

Loss of Down:

1. Illegally handing the ball forward (also loss of 5 yards)
2. Illegal forward pass (also loss of 5 yards)
3. Intentionally grounding pass (also 5 yards)
4. Offensive pass interference (also loss of 10 yards)
5. **Flag guarding**

Loss of 5 yards:

1. Illegal delay of game.
2. Putting ball in play before declared ready
3. Illegal snap
4. Infractions of scrimmage formation
5. Offensive player illegally in motion at the snap
6. False start
7. Illegal kick
8. Illegal shift
9. Infraction of kick formation
10. Flags not in place and/or not visible **and/or shirt untucked**
11. Holding by defense (also 1st down)
12. Loss of Down

...Summary of Penalties continued...

Loss of 10 yards:

1. Offensive pass interference (also loss of down)
2. Hurdling
3. Tripping
4. Running into opponent by ball carrier
5. Clipping
6. Illegal use of hand or arm by offensive
7. Flag guarding, also loss of down
8. Illegal removal of flag
9. Obstructing ball carrier
10. Interference with opportunity to catch a kick
11. Defense pass interference (also 1st down)
12. Illegal block
13. Runner stripping
14. Defensive player running over an offensive blocker

Loss of 15 yards and Ejection:

1. Striking, kicking or kneeling an opponent
2. Tackling
3. Tying or Tucking flags
4. Unnecessary Roughness

Loss of 10 Yards and Automatic First Down

1. Roughing or running into passer. Defensive player cannot contact the passer's arm whether he contacts the ball or not.
2. Defensive pass interference
3. Push or block ball carrier out-of-bounds

R. Time Limit and Tie Games

There shall be a time limit of 25 seconds between plays, from the time the ball is declared alive by the referee until the ball is snapped on the next play.

If a tie exists at the end of the regular playing time, the winner shall be determined through an overtime period. OT will consist of one play per team from the 10 yard line going into the end zone. Each team will have an opportunity to score and may go for one or two point conversions per score. After the second OT period, each team that scores has to go for a 2pt conversion. If the game is still tied after the 4th OT period, the game will be considered a tie.

S. Time Outs

Each team will have three (3) time-outs per game. Time-outs will last 30 seconds. Each team is allowed an additional time-out in the sudden death series of the tie-breaker. Running clock only stops on time-outs or injury. Clock also runs during extra points.

T. Touchback

The ball shall be put into play on the 20 yard line following a touchback. No points are awarded.

Post Season

A. Tournament

Overall season record will determine the league champion in each division.

The top 4 finalists from each league play in a post-season single elimination tournament. Tournaments may be split up into area tournaments to accommodate larger divisions.

The Sports Office reserves the right to assign any team to their proper level of competition or classification when it is necessary to serve the best interest of the program.

B. Awards

Awards will be given to teams based on how each team fared during regular league play and tournament.

1. League 1st place: Team t-shirts

2. Tournament 1st place: Team trophy

